

Balvikas

Buddhism: Final Lesson

Recap: Last time we finished by saying that that Buddha had found the four noble truths:

- 1) All life has suffering (dukka) and this suffering exists because of karma (or the law of cause and effect)
- 2) The cause of suffering is desire, greed and envy
- 3) There is a way our suffering to a state called nirvana
- 4) The way out is to follow the path of Dharma

Towards the end of our play a song was sung which is actually a prayer by all Buddhists:

Buddham sharanam gacchami;

Dhamman sharanam gacchami;

Sangham sharanam gacchami.

I take refuge in the Buddha;

I take refuge in the Dharma;

I take refuge in the Sangha or religious community

All Buddhists say this prayer so that their life becomes dedicated to Dharma and the Buddhist way of life. They live their religion or their Dharma.

To this end Buddha set out eight rules known as the Noble Eightfold Path to show and guide Buddhists as to how they should live.

ACTIVITY - Split into groups and give examples of each on of the eight codes. Give one example of the right way of following that rule and one example of the wrong way. First think about what the words mean then think about the examples. We will get together at the end and compare the two teams answers.

- 1) **Right Understanding**
- 2) **Right Speech**
- 3) **Right occupation or livelihood**
- 4) **Right awareness**
- 5) **Right attitude**
- 6) **Right action**

- 7) **Right Effort**
- 8) **Right composure or frame of mind/thinking**